

## NAMI Somerset NJ You Are Not Alone

### **NAMI Somerset NJ Mission Statement:**

NAMI Somerset NJ Inc. is a nonprofit organization that provides support, education, and advocacy throughout the Somerset County area on behalf of individuals and families affected by mental illness.

NAMI Somerset NJ is a NAMI New Jersey Affiliate of the National Alliance on Mental Illness. NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, support and research and is steadfast in its commitment to raising awareness and building a community of hope for all of those in need.

We have proudly served individuals affected by mental illness in the Somerset County area of our state for more than 20 years!

With our programs we have reached more than 350 people in the past 5 years.

NAMI Somerset NJ raises community awareness and reduces stigma against those living with mental illness through the NAMI Walk each year. Participate as a walker or with a financial pledge. Watch for information on the 2018 NAMI Walk at <http://www.naminj.org/events/walk/>

## MEMBERSHIP APPLICATION

### Join NAMI Somerset NJ

When you join now, you become a member of NAMI Somerset NJ, NAMI New Jersey and the national NAMI organizations.

You will receive NAMI's flagship, the *Advocate*, as well as NAMI's monthly e-newsletter, *NAMI Now*, if you subscribe at: [www.nami.org/subscribe](http://www.nami.org/subscribe)

**Yes, I want to:** *(please check one)*

- Join NAMI  
 Renew membership for one year

**Dues**

- \$60 Household Membership  
 \$40 Individual Membership  
 \$5 Open Door *(for those of limited means)*

**Title:**  Mr.  Mrs.  Ms.  Dr.

**Primary Member Last Name:**

**Primary Member First Name:**

**Address:**

**City, State, Zip:**

**Phone:**

**Email:**

**Payment Information:**  Check or  Cash Enclosed  
Credit Card Payment:  Visa  MasterCard  American Express  
Name as it appears on Card: \_\_\_\_\_  
Account Number: \_\_\_\_\_  
Expiration: \_\_\_\_\_ Validation Code: \_\_\_\_\_  
**Signature:**



Address: P.O. Box 6653,  
Bridgewater, NJ 08807

Contact:

Sue Ferranti (908) 296-3732

Brian Regan (732) 735-7037

[namisomerset@gmail.com](mailto:namisomerset@gmail.com)

NAMI Help-Line: 800-950-6264





National Alliance on Mental Illness

# NAMI Somerset NJ

## NAMI Signature Programs

### **NAMI Family-to-Family**

NAMI Family-to-Family is a 12-week class for families, partners and friends of individuals with mental illness. The course is designed to facilitate a better understanding of mental illness, increase coping skills and empower participants to become advocates for their family members. This program was designated as an evidence-based program by SAMHSA. The course is also available in Spanish, De Familia a Familia de NAMI.

### **NAMI Family Support Groups**

NAMI Family Support Groups are monthly support groups for family members, partners and friends of individuals living with a mental illness. See information on NAMI Somerset NJ Support Groups on the right.

### **NAMI In Our Own Voice**

NAMI In Our Own Voice is a presentation for the general public to promote awareness of mental illness and the possibility of recovery. This program is also available in Spanish, En Nuestra Propia Voz de NAMI

### **NAMI Basics**

NAMI Basics is a class for parents and other family caregivers of children and adolescents who have either been diagnosed with a mental health condition or who are experiencing symptoms but have not yet been diagnosed. This course is also available in Spanish, Bases y Fundamentos de NAMI.

### **NAMI Hearts and Mind**

NAMI New Jersey's Hearts & Minds program is an hour-long live presentation focusing on inner and outer wellness for people living with a mental illness. Hearts & Minds seeks to raise awareness and provide information on: medical self-advocacy, smoking cessation, addictions, healthy eating, exercise, and diabetes. The program is free to any facility or group throughout the state.

### **NAMI Every Mind Matters**

NAMI New Jersey's Every Mind Matters program, copyrighted by NAMI NJ, is an interactive health supplement designed for students in Grades 5-12 and Grades 9-12 to enhance their knowledge about physical and mental health and strengthen their coping strategies in dealing with stressful feelings and situations.

### **NAMI Educating the Educator**

Educating the Educators is an initiative developed by NAMI NJ to help K-12 educators understand children with biologically-based mental illnesses.

## **NAMI Somerset NJ**

### **Family Support Group:**

1st Thursday of the month

Richard Hall Community Mental Health Center,  
500 N Bridge St, Bridgewater, NJ 08807

Business/information exchange meeting from  
7:00 PM – 7:30 PM

Coping/Support from 7:30 pm- 8:45 pm

**Contact:** Sue at (908) 296-3732

## **Other NAMI Groups in Somerset County:**

### **AACT-NOW Family Support Group**

African American Community Takes New  
Outreach Worldwide

3rd Thursday of the month, 7:00pm – 9:00pm

First Baptist Church of Lincoln Gardens

771 Somerset St, Somerset, NJ 08873

**Contact:** Cynthia at (732) 940-0991

### **CAMHOP Family Support Group**

Chinese American Mental Health Outreach  
Program

3rd Thursday of the month, 7:30pm – 8:45pm

Richard Hall Community Mental Health Center,

500 N Bridge St, Bridgewater, NJ 08807

**Contact:** Maggie at (732) 940-0991

### **Questions about our programs?**

**Find out more on our website:**

[www.naminj.org/support/affiliates/somerset](http://www.naminj.org/support/affiliates/somerset)  
or contact:

**Sue Ferranti (908) 296-3732**

**Brian Regan (732) 735-7037**

[namisomerset@gmail.com](mailto:namisomerset@gmail.com)